

# Invitation for Norwegian Open Masters Orienteering Championships 7th to 9th of September

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## Sprint

The sprint championship will take place in the park of the Norwegian University of Life Sciences Friday, September 7th. The university is located south of Oslo and has a fantastic park and a unique building environment.

## Long- and middle-distance

The long- and middle-distance championships are held in a woodland with long slender ridges with open pine forest east of the small town of Ski. Here we arrange good old-fashioned long-distance orienteering on Saturday, September 8th. On Sunday September 9th, there will be a technically demanding middle-distance race.

## Spectator races

Alongside the masters championships there will be public races all day, and for those who want to try out orienteering in 1970 fashion, we will have two courses on an old map.



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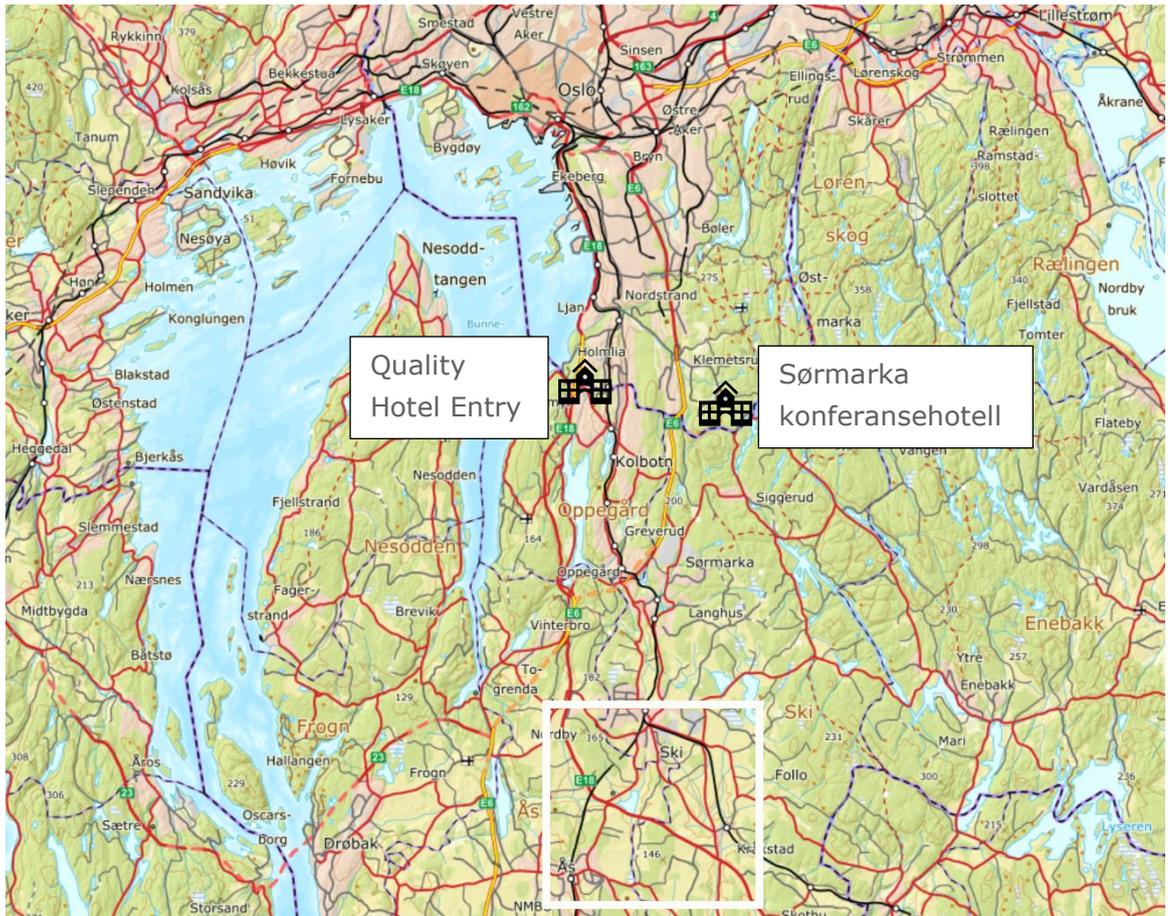


Organizer: Kolbotn & Skimt OL og Ås IL  
Race mgmt: Gunnar Tenge, tlf. 415 20 043, mail: [gunnar@tenge.no](mailto:gunnar@tenge.no)  
Tor Lahlum, tlf. 909 86 467, mail: [tor@lahlum.no](mailto:tor@lahlum.no)  
TD: Petter Fure, Oppsal orientering, mail: [petterfure@hotmail.com](mailto:petterfure@hotmail.com)

*Subject to change:*

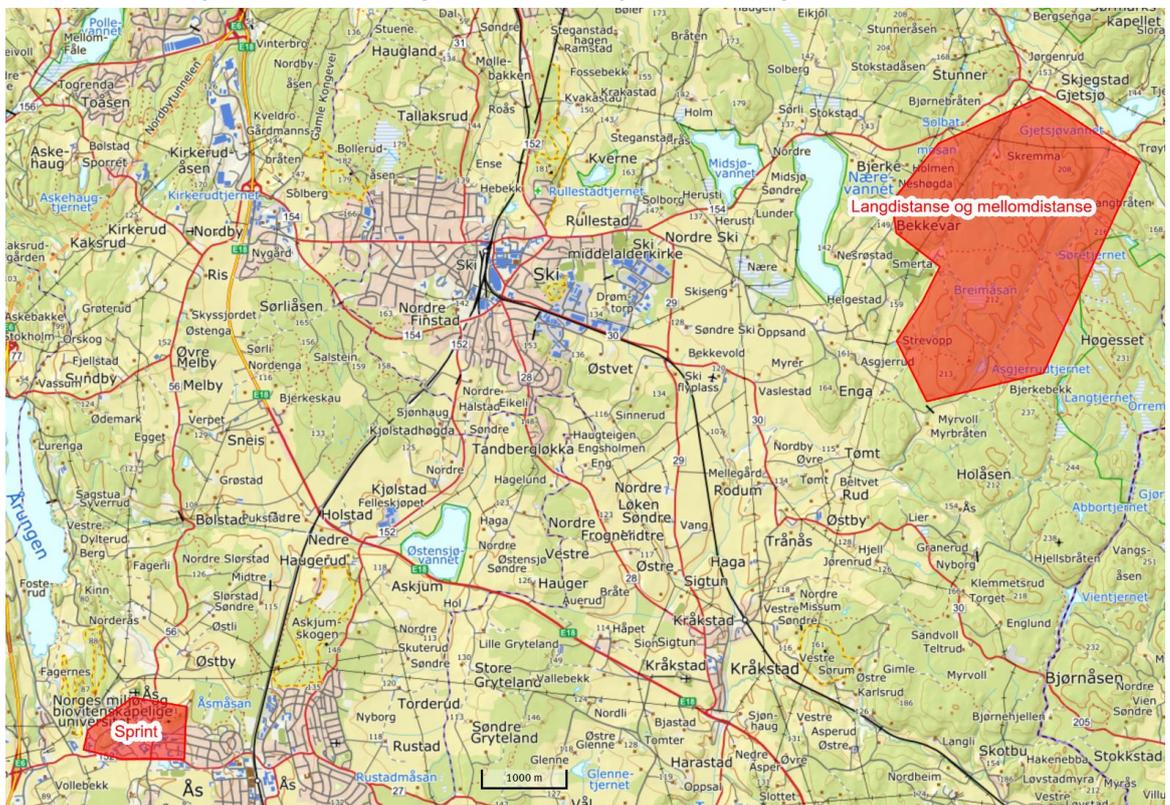
*The organizer can make changes to what is stated in this invitation until the race day. Officially updated information will be available at Eventor at any time.*

### Overview map Oslo and Follo:



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### Detailed map Ski and Ås (Click on map to zoom):



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## Friday, September 7th

### SPRINT, MASTERS CHAMPIONSHIP, FIRST START AT 17:00

Course planner: Håkon Danevad

Class	Length	Class	Length	Terrain
D35	2,02 km	H35	2,55 km	
D40	2,02 km	H40	2,55 km	
D45	2,02 km	H45	2,55 km	
D50	1,86 km	H50	2,19 km	
D55	1,86 km	H55	2,19 km	
D60	1,75 km	H60	2,02 km	
D65	1,63 km	H65	1,93 km	
D70	1,44 km	H70	1,71 km	
D75	1,44 km	H75	1,63 km	
D80	1,26 km	H80	1,44 km	
D85	1,26 km	H85	1,26 km	
D90	1,26 km	H90	1,26 km	

Start interval 1 min. Winning times 12 - 15 min. Map: 1:4000, 2,5m equidistance. Field work by Kristen Treekrem 2018, ISSOM 2007, A4 Offset. The running surface is mainly grass and gravel. No form of spikes is allowed.

### SPECTATOR RACE, SPRINT, FREE START BETWEEN 17:30 - 18:30

Course planner: Håkon Danevad

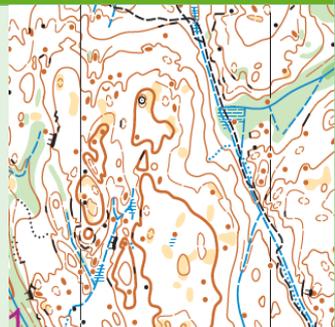
Class	Length	Class	Length	Terrain
DIREKTE-1	1,26 km	DIREKTE-2	2,55 km	
N-ÅPEN	0,82 km	Free start between 16.30 - 18.30		

Map: 1:4000, 2,5m equidistance. Field work by Kristen Treekrem 2018, ISSOM 2007, A4 Offset. The running surface is mainly grass and gravel. No form of spikes is allowed.

## Saturday, September 8th

### LONG-DISTANCE, MASTERS CHAMPIONSHIP, FIRST START AT 11:00

Course planner: Olav Johannessen

Class	Length	Class	Length	Terrain
D35	6,1 km	H35	8,5 km	
D40	6,1 km	H40	8,5 km	
D45	5,6 km	H45	7,9 km	
D50	5,6 km	H50	7,5 km	
D55	4,8 km	H55	6,9 km	
D60	4,8 km	H60	5,9 km	
D65	3,9 km	H65	5,9 km	
D70	3,7 km	H70	4,8 km	
D75	3,3 km	H75	3,9 km	
D80	2,9 km	H80	3,7 km	
D85	2,9 km	H85	2,9 km	
D90	2,9 km	H90	2,9 km	

Start interval 1 min., 2 min. in same class. Winning times 50 - 55 min.

Map: 1:7500, 5m equidistance for all courses shorter than 7,8 km, 1:10000 for courses longer than 7,8 km. Field work by Dag Amundsen 2018, ISOM 2017, A4 or A3 Print on water resistant paper Teslin SP1000.

All courses have A-level difficulty.

### SPECTATOR RACE, LONG-DISTANCE, FREE START BETWEEN 10:00 - 12:00

Course planner: Geir Trøan

Class	Length	Class	Length	Terrain
A-LANG	8,0 km	C-ÅPEN	3,7 km	
A-MELLOM	4,1 km	N-ÅPEN	1,8 km	
A-RETRO-L	10,0 km	A-RETRO-K	4,9 km	

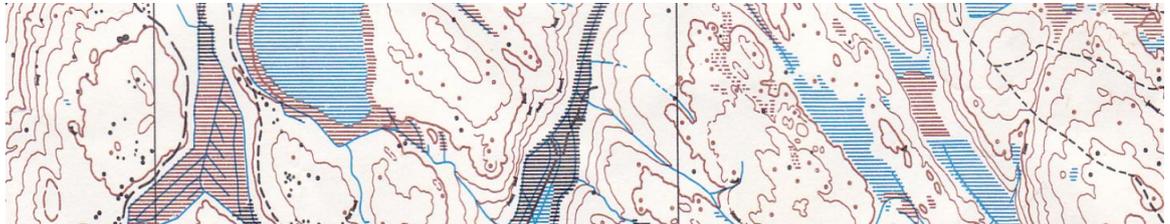
Map: 1:7500, 5m equidistance for all courses shorter than 7,8 km, 1:10000 for courses longer than 7,8 km. Field work by Dag Amundsen 2018, ISOM 2017, A4 or A3 Print on water resistant paper Teslin SP1000.

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A-RETRO-L and A-RETRO-K 1:20000, 5m equidistance, published ca. 1970, A4 Print on water resistant paper Teslin SP1000.

The following shows a section of the map used in the A RETRO-L and A RETRO-K. When it has happened very few changes in the terrain since 1970, the map is fully usable today. Fewer details and a scale of 1:20000, however, require a slightly different orientation technique than with today's modern maps.



## Sunday, September 9th

### MIDDLE-DISTANCE, MASTERS CHAMPIONSHIP, FIRST START AT 10:00

Course planner: Kjell Blomseth

Class	Length	Class	Length	Terrain
<b>D35</b>	3,45 km	<b>H35</b>	4,05 km	
<b>D40</b>	3,45 km	<b>H40</b>	4,05 km	
<b>D45</b>	3,23 km	<b>H45</b>	4,05 km	
<b>D50</b>	2,98 km	<b>H50</b>	3,72 km	
<b>D55</b>	2,98 km	<b>H55</b>	3,47 km	
<b>D60</b>	2,63 km	<b>H60</b>	3,45 km	
<b>D65</b>	2,47 km	<b>H65</b>	3,23 km	
<b>D70</b>	2,22 km	<b>H70</b>	2,80 km	
<b>D75</b>	1,84 km	<b>H75</b>	2,47 km	
<b>D80</b>	1,84 km	<b>H80</b>	2,22 km	
<b>D85</b>	1,66 km	<b>H85</b>	1,66 km	
<b>D90</b>	1,66 km	<b>H90</b>	1,66 km	

Start interval 1 min., 2 min. in same class. Winning times about 30 min.

Map: 1:7500, 5m equidistance for all courses. Field work by Dag Amundsen 2018, ISOM 2017, A4 Print on water resistant paper Teslin SP1000.

All courses have A-level difficulty.

### SPECTATOR RACE, MIDDLE-DISTANCE, FREE START BETWEEN 10:00 – 12:00

Course planner: Geir Trøan

Class	Length	Class	Length	Terrain
<b>A-LANG</b>	4,43 km	<b>B-ÅPEN</b>	2,48 km	
<b>A-KORT</b>	3,00 km	<b>C-ÅPEN</b>	2,22 km	

Map: 1:7500, 5m equidistance for all courses. Field work by Dag Amundsen 2018, ISOM 2017, A4 Print on water resistant paper Teslin SP1000.

Picture from the terrain Saturday and Sunday.



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## Starting fee and registration

Race	Fee per race	Registration deadline	Late registration fee	Final deadline
<b>Masters Championships</b>	NOK 220	28/8	NOK 110	5/9
<b>Spectator races, above 16 years</b>	NOK 120	5/9	None	Race day
<b>Spectator races, up to 16 years</b>	NOK 80	5/9	None	Race day

## Online registration

Entries are to be done in the Eventor-system: [User account in Eventor](#)

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Friday: <http://eventor.orientering.no/Events/Show/8053>

Saturday: <http://eventor.orientering.no/Events/Show/8054>

Sunday: <http://eventor.orientering.no/Events/Show/8055>

The invoice for the entry fee will be sent to the email address registered on your club in Eventor, after the races.

## Punching System

EMIT are used every day. It will be possible to rent EMIT punching card at a price of NOK 50 per day.

## Access, parking and arena on Friday

Friday is the arena on the big lawn at [NMBU](#). There are signs for parking from county road 152 at roundabout at Kongeveien on Ås. It is a short walk from both the parking to the arena and from the arena to the start. NB! It may take 60 to 90 minutes to drive from Oslo city center to Ås during peak hours on Friday. See link for directions in [Eventor](#).



Free parking.

It is possible to use the train to Ås station, which is 1.6 km from the arena. Train L21 departs from Oslo S twice an hour and takes 28 min. From Ås station you can take bus 510 that stops right outside the arena. Search route on [ruter.no](http://ruter.no) and use stop NMBU (Ås).

It is only allowed to arrive at the arena via the marked road from parking. Those coming from Ås station will be caught by marking by walking west along county road 152.

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## Access, parking and arena Saturday and Sunday

On Saturday and Sunday there are arena at [Ski Golf Club's facility on Smerta](#). It is marked from county road 154 east of Ski. It usually takes 30-40 minutes to drive from Oslo city centre to Ski Golf, but it is advisable to calculate some more time as there may be a queue into the arena. It is a short distance from parking to the arena and 400 - 600 m from the arena to the start. Link for directions in [Eventor](#).

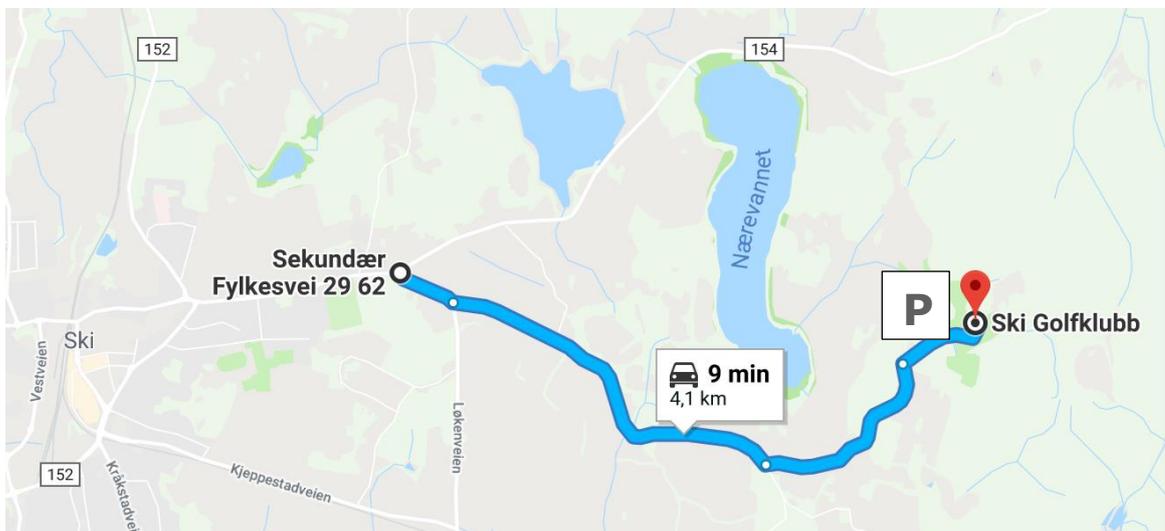


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It is a short distance from parking to the arena and 400 - 600 m from the arena to the start. Link for directions in [Eventor](#).

Parking fee is 20 kroner per day, going to landowner.

Nearest bus stop is Nes located on country road 154 approx. 4 km east of Ski and approx. 2 km north of Ski golf club. Search route on [ruter.no](#) and use stop Nes (rv154) (Ski). Route 515 and 520 passes here. Follow Grøstadveien south to the golf course and further along the west side of the golf course to the arena. It's about 30 min walking.



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## Arena Service

There will be kiosk sales every day.

Saturday and Sunday there will be a shop with orienteering equipment at the arena.



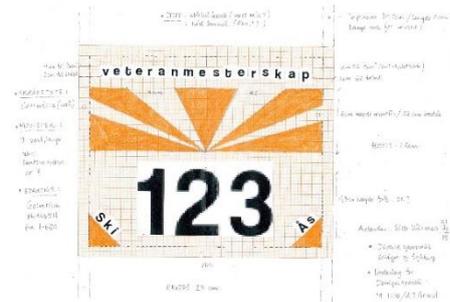
OUTSTYR.NO

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There will be indoor toilets on Friday and mobile toilets on Saturday and Sunday. There are no showers at the arenas, but on Sunday it is possible to have a shower in Ski between 13:00 and 14:00.

## Starting number, prizes and flower ceremony

Everyone starting in the Masters Championships will get a specially designed starting number to be used every day. Retrieval of starting numbers is done in the secretariat every day. Number assigned according to order for registration.



There will be a flower ceremony for the three bests in each class, with proper photo-graphy and applause, as well as cultural elements from Åsblæst'n. Instead of filling up the participants' fireplace shelves and basements with nips, the prize money will be donated in equal parts to the following three organizations:



KREFTFORENINGEN



There are no prizes in the public races.

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## Accommodation

Quality Hotel Entry offers a discount the competition weekend.

Booking code: "Norges orienteringsforbund 60262898"

Phone: +47 66 99 78 00

E-mail: [q.entry@choice.no](mailto:q.entry@choice.no)

<https://www.nordicchoicehotels.no/hotell/norge/kolbotn/quality-hotel-entry/>



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**Sørmarka** is a hotel in the middle of nature, with idyllic Syverudtjern as the closest neighbour. Here you will find everything for a workout, canoeing or a morning bath. They also have their own football golf and beach volleyball.

Sørmarka has the following special rates for accommodation 7th to 9th of September:

Single room included breakfast: 895, - per night

Double room included breakfast: 1140, - per night

Triple room included breakfast: 1445, - per night

Room can be booked by mail to [post@sormarka.no](mailto:post@sormarka.no) with booking code: "Kolbotn og Skimt 3618". Website: [www.sormarka.no](http://www.sormarka.no)



*If differences in text in Norwegian and English invitation, the Norwegian will always prevail.*

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